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Thursday, August 7, 2014

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WINNIPEG metro®

NEWS WORTH SHARING.

'More harm than good'

Experimental Ebola drug may distract from trusted methods, some experts say PAGE 6

Who wears short shorts?

They wear short shorts. Today's poolside loungers favour trunks on the itsy-bitsy side PAGE 12

A LOOSE-LIPPED PILOT & A MANDATORY ENGAGEMENT RING?

IT'S TOUGH TIMES FOR TRAVOLTA AND SHEEN, ACCORDING TO METRO DISH PAGE 11

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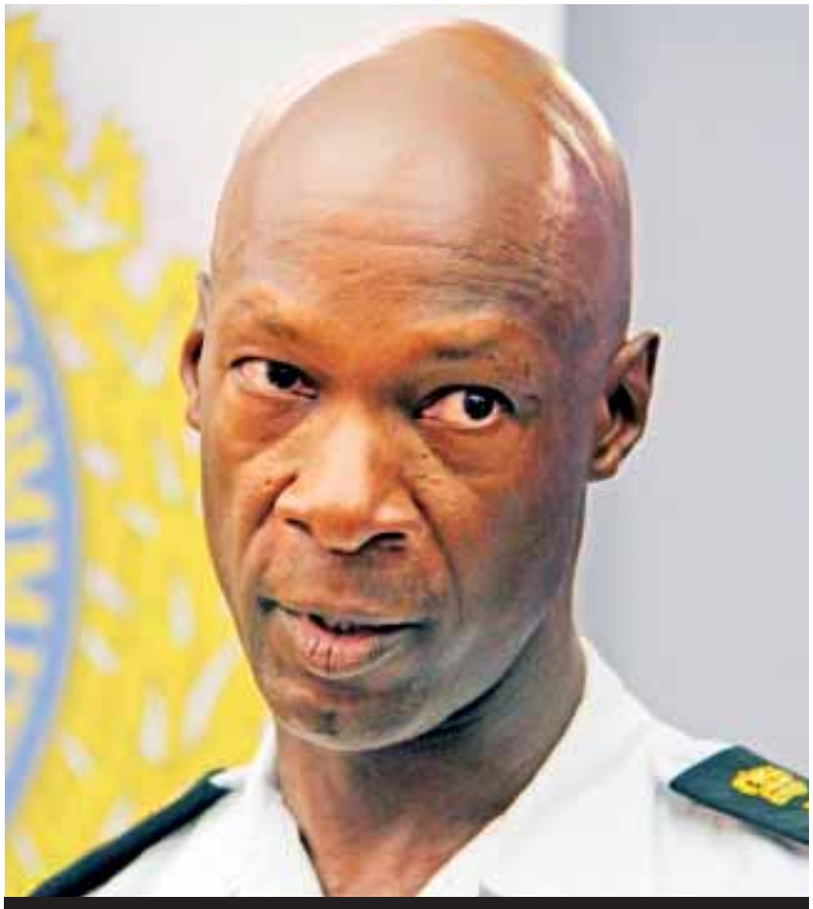

Police Chief Devon Clunis speaks to reporters on Wednesday. SHANE GIBSON/METRO

Man who died in standoff shot himself: Chief

Andrew Baryluk.
Devon Clunis holds news conference to clear the air over what took place on July 30

Quoted

"The investigation has revealed that Mr. Baryluk died as a result of a single, self-inflicted gunshot wound and a firearm was located within the residence."
Winnipeg police Chief Devon Clunis

A man who died in an armed standoff with police in Winnipeg shot himself while officers surrounded his home, the city's police chief said Wednesday.

Chief Devon Clunis took the rare step of personally holding a news conference to try to clear the air over what happened July 30 when Andrew Baryluk, 52, died.

"As much as I understand and appreciate the fact people would like details very quickly, I think it's also prudent to ensure that the information that we're providing to you is as close to complete as we possibly can," Clunis said.

Police initially released few details and until Wednesday had not said whether Baryluk killed himself or was shot by officers. That led to speculation as to whether Baryluk could have been handled differently.

According to police, officers received a report just before 11 a.m. of a lone male barricaded inside a home in a North End neighbourhood. He was armed and threatening to harm himself. They talked to the man by phone, but after several hours, contact was lost. Officers tried to move in but shots were fired from inside. Police fired back and retreated. Hours later, they entered the home to find Baryluk dead.

Clunis filled in more details Wednesday: Officers were trying to deliver a communicating device when they were fired upon, he said. About seven hours later, they entered the building.

"The investigation has revealed that Mr. Baryluk died as a result of a single, self-inflicted gunshot wound and a firearm was located within the residence." THE CANADIAN PRESS

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NEWS 1

Gord Steeves adds tax freeze to his mayoral platform

Challenge. Former councillor says city cannot 'property tax our way out of the problems that we have'

BERNICE PONTANILLA
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A former councillor now running for mayor has taken a page from Sam Katz's election strategy against a common foe, announcing on Wednesday that, if elected, he won't raise property taxes.

Gord Steeves made the announcement outside a south St. Vital home, located in his former council ward, stating that property taxes only hurt the poor and he won't be raising them.

Steeves said he would accomplish this not through job cuts, but by selling off city assets such as golf courses, which he previously announced.

"If I'm successful in realizing even some of the revenue that I expect to realize through divesting of assets, I will pay for a 20-year tax increase," he said.

Mayoral candidate Gord Steeves said if elected, he'll freeze property taxes for the next four years.
BERNICE PONTANILLA/METRO

"The challenge with property taxes is people think about property taxes as if they raise large amounts of revenue ... (but) it doesn't raise any money, not real money, and that's the challenge is that we cannot property tax our way out of the problems that we have."

Steeves said a one per cent tax increase brings in about $4 million into the city's coffers, not a huge amount considering the city's overall operating budget of $1.5 billion.

"A one per cent increase in property taxes raises our budget by about 0.03 per cent, not even a third of one per cent; we've reached the point where property taxation doesn't even play an appreciable role in how we fund things in our community," Steeves said when asked how he'll manage to freeze taxes.

"Yes, it's going to be hard, but everything about being mayor over the course of the next four years is going to be hard."

He also targeted fellow candidate — and perceived frontrunner — Judy Wasylycia-Leis with a sign pointing out the differences in their campaigns.

Wasylycia-Leis said earlier in the campaign that she would likely raise taxes in small increments over her term, but did not say how much, promising more information at later announcements.

Locals ousted on The Amazing Race

It took a trek to the Yukon to halt the gold rush for hockey stars Natalie Spooner and Meaghan Mikkelson on The Amazing Race Canada, while a plucky Winnipeg mother-son duo met their end in a hail of misfired bullets.

After four consecutive first-place finishes, the steely Olympic hockey players relented their dominant chokehold on the race, allowing Montreal couple Alain Chanoine and Audrey Tousignant-Maurice to ascend to a surprise first-place finish.

Cormac and Nicole Foster CONTRIBUTED

At the other end of the spectrum, Winnipeg's Cormac and Nicole Foster were ousted when the latter struggled mightily with the rifle-shooting portion of an exhausting biathlon challenge. In a credit to her determination, the single mother persisted long past the point that their elimination had become a virtual certainty.

"I've always taught Cormac never to give up," she said, tears streaming down her face. "And I could not give up in that moment."

It was 13 attempts before she managed to hit even one of the targets. And it was on her 22nd try, her vision muddled by tears and the rest of the pack long gone, that she finally managed to snipe the final objective.

When they started the race, Cormac was 19 — the same age as Nicole when she gave birth to him. As she doggedly cycled nearly two dozen kilometres to complete a race she had already lost, she was motivated by a genetic aversion to quitting she hoped to pass on to her son.

"My mom was a single mom," she said. "She taught me what it was to work hard. She taught me you always finish what you start.

"I don't care what the outcome is to this. I'm going to stay here and shoot this till it's done."

That she did, and although she missed out on the next leg of the race — which coincidentally will take teams to the Fosters' home of Winnipeg — she did earn the admiration of her oldest child.

"I'm very proud of her," he said simply.

THE CANADIAN PRESS

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St. Norbert Farmers' Market will get a piece of $600K investment

The province is pumping $600,000 into community facilities in southwest Winnipeg, and the investment means shoppers at St. Norbert Farmers' Market will see posh new potties installed by fall.

Children and Youth Opportunities Minister Kevin Chief, the minister responsible for the City of Winnipeg, announced the funding from the province's three-year $7.5-million Winnipeg Community Infrastructure Program at the market Wednesday morning.

As well as providing the $250,000 the market needs to convert three reclaimed shipping containers into new washroom facilities, the program is also benefiting a dozen other groups including the Osborne Village BIZ, Assiniboine Park Conservancy, and the Harrow United Church.

Minister Kevin Chief announces $600,000 in provincial funding to community facilities in southwest Winnipeg Wednesday. SHANE GIBSON/METRO

"It's a very, very popular program," Chief said of the Winnipeg Community Infrastructure Program, which he said still has a million in funding left to dole out to both public and not-for-profit community facilities next year. "(It's open) to anything where there are lots of families using the space."

Chief said more projects approved for program funding in other parts of the city would be announced soon.

SHANE GIBSON/METRO

Big sale

Sears sells stake in Kildonan Place

Sears Canada says it will receive $27.7 million from divesting its 20 per cent stake in the Kildonan Place shopping centre in Winnipeg.

The move is part of a sale of the property with partner Ivanhoe Cambridge, which owns the remaining 80 per cent of the interest.

Kildonan Place is being sold to H&R Real Estate Investment Trust for $138.5 million. Sears says it will continue to operate its store at the mall.

THE CANADIAN PRESS

Flood risk

Opposition wants cash for wetlands

Manitoba's Opposition leader is calling for more money to maintain wetlands to reduce the risk of flooding.

Tory Leader Brian Pallister says the province should expand pilot projects that give rural landowners cash incentives to keep wetlands healthy.

He says the federal government, the private sector and community groups have pushed the program and the government should make it provincewide.

THE CANADIAN PRESS

Summer fun

Outdoor flick blitz

The Transcona BIZ is screening flicks at Transcona Centennial Square for three Thursday nights in August starting this Thursday.

Downtown Winnipeg BIZ is also showing free movies at Memorial Park Tuesday nights in August, and starting Saturday, the parking lot next to Cityplace will be transformed into a drive-in and movies will be shown for free for those that arrive on foot or by bike every Saturday night in August. Assiniboine Park is also screening free movies every Friday until Aug. 23. METRO

Brian Bowman said a stakeholders group would be more effective in addressing the city's road infrastructure woes. BERNICE PONTANILLA/METRO

Long-term plan needed for city's roads: Bowman

Mayoral race.
Candidate promises more collaborative infrastructure effort

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A mayoral candidate is blaming political gamesmanship and interference from city hall for the poor state of Winnipeg road infrastructure, and is pledging to bring together stakeholders to create a long-term plan.

Lawyer Brian Bowman said Wednesday that his "BuildWINNIPEG Partnership" will be given the mandate to develop, co-ordinate and implement a 10-year plan to repair and build the city's roads, public transit and active transportation network.

"Our city has not been able to properly implement a long-term plan to build our transportation infrastructure," said Bowman outside his campaign office at Portage Avenue near Garfield Street South.

"For Winnipeg to reach its full potential, it's critical to bring all stakeholders together in a common cause that cannot be sidetracked by short-term, quick-fix ideas."

Bowman also addressed proposals made by his rival candidates, including Coun. Paula Havixbeck's not accepting donations from individuals or companies named in the audits.

Bowman said he made that same decision early on in his campaign and went further, promising to make public his donations — no matter the amount — starting Aug. 7, with the first donor list to be disclosed on Sept. 24.

He also took aim at candidate Gord Steeves' idea to sell and develop four city golf courses, stating that this is the wrong way to go.

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Mine operator ordered to plug tailings pond breach in B.C. lakes

Likely, B.C. President of Imperial Metals apologized to residents living downstream from the toxic flood

An aerial view shows debris going into Quesnel Lake, caused by a tailings pond breach near Likely, B.C.
JONATHAN HAYWARD/THE CANADIAN PRESS

British Columbia's Environment Ministry has ordered the operator of a mine in the province's central Interior to immediately stop the further release of toxic materials into nearby waterways after a tailings pond burst on Monday.

The government order says Mount Polley Mining Corp. must also undergo an environmental impact assessment and submit a clean-up plan by today, as well as hand over a more detailed plan by Aug. 15.

The company has also been ordered to submit a written summary of the steps it will take to stop the release of mine tailings by next Wednesday, and report on a weekly basis how it will implement its clean-up plan.

The president of Imperial Metals apologized to about 200 residents of Likely, B.C., who are living downstream from a toxic flood from one of the company's gold and copper mines in the British Columbia Interior.

"If you had asked me two weeks ago if that could happen, I would have said it couldn't happen, so I know that for our company it's going to take a long time to earn the community's trust back," Brian Kynoch said.

The breach released 10 million cubic metres of water and 4.5 million cubic metres of toxic silt into Polley Lake and Quesnel Lake.

A ban remains in place on all consumption or recreational use of the Quesnel and Cariboo river systems from the spill site to the Fraser River.

The regional district declared a state of local emergency early Wednesday, which will allow access to additional resources that may be needed to further protect the private property and government infrastructure in Likely.

THE CANADIAN PRESS

Moms bare stretch marks at Edmonton rally

Tanis Jex-Blake, centre, takes part in a bikini protest along with supporters in Edmonton on Wednesday. Jex-Blake, a mother of five, says she was tanning on a beach west of the city last week when three young people pointed at her stomach and called her — quote — "nasty" and "gross." She later posted an open letter on Facebook describing how she's proud of her scars, not ashamed. Her story has made news in several countries and other women have been proudly sending her photos of their imperfect bellies. Some moms at the Edmonton rally say they decided to show up wearing two-piece swimsuits for the first time in years.

JASON FRANSON/THE CANADIAN PRESS

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Russia

Russia, Canada trade sanctions over Ukraine

Canada on Wednesday slapped fresh sanctions and travel bans on several top Russian and Ukrainian politicians and groups with ties to President Vladimir Putin's government, as Moscow responded with tit-for-tat sanctions of its own.

Canada's latest round of sanctions, imposed in co-ordination with the U.S. and EU, came amid reports Russia is massing troops along the Ukrainian border.

But Putin quickly retaliated, ordering state authorities to come up with a list of agricultural products from countries that have imposed sanctions on Russia. Those imports will be banned or restricted for up to a year. THE CANADIAN PRESS

Italy

Concordia captain called 'unworthy' as safety lecturer

A Rome university professor is facing a disciplinary hearing after inviting the captain of the shipwrecked Costa Concordia cruise liner to lecture students on emergency procedures.

The dean of Rome's Sapienza University, Luigi Frati, voiced anger Wednesday at the professor's decision to invite Capt. Francesco Schettino to give a seminar, calling it an "inappropriate and unworthy choice."

The university dismissed the "pathetic excuses" offered by the professor, Vincenzo Mastronardi, when confronted by the dean.

Schettino is being tried for manslaughter and other crimes over the 2012 capsize of the Concordia, in which 32 people died. THE ASSOCIATED PRESS

Messages of peace and hope in Hiroshima

A girl prepares to release paper lanterns bearing messages of peace in the Motoyasu River near the Atomic Bomb Dome in Hiroshima, Japan, on Wednesday, as Japan marked the 69th anniversary of the atomic bombing of the city. KYODO NEWS/THE ASSOCIATED PRESS

Experimental Ebola drug sparks debate

'The responsible thing to do.' Ethical questions raised amid deadly outbreak about who gets access to treatment

The use of an experimental drug to treat two Americans diagnosed with Ebola is raising ethical questions about who gets first access to unproven new therapies for the deadly disease. But some health experts fear debate over extremely limited doses will distract from tried-and-true measures to curb the growing outbreak — like more rapidly identifying and isolating the sick.

A shot in the dark

Scientists stress there's no way to tell if the experimental drug ZMapp really made a difference for two U.S. aid workers infected in Liberia.

- "We don't even know if it works," stressed Dr. Anthony Fauci of the National Institutes of Health.

The World Health Organization is convening a meeting of medical ethicists next week to examine what it calls "the responsible thing to do" about whatever supplies eventually may become available of a medicine that's never been tested on people.

At least one country involved in the outbreak is interested in the drug: Nigeria's health minister said at a news conference that he had asked U.S. officials about access.

There is no proven treatment or vaccine for Ebola, which so far has infected more than 1,700 and killed more than 930 in West Africa.

"How many times have we found magic therapies that ended up ... doing more harm than good?" cautioned University of Minnesota professor Michael Osterholm, who advises the U.S. government on infectious disease threats.

"Vaccine and drug treatment right now is not going to be the main way you bring this to a stop," he added. THE ASSOCIATED PRESS

Kenya. Man who offered goats and cows for Chelsea Clinton killed by elephant

The editor of a weekly magazine says a Kenyan man who once offered former U.S. president Bill Clinton 40 goats and 20 cows for his daughter Chelsea's hand in marriage has been killed by an elephant.

Dorothy Jebet, editor of the Kass Weekly, said Wednesday journalist Godwin Chepkurgor was attacked by an elephant herd while on assignment for the magazine. Jebet says Chepkurgor was attacked from behind Friday by a bull elephant that scooped him up with its trunk and threw him in the air.

Jebet said the journalist landed on sticks that pierced his stomach. THE ASSOCIATED PRESS

South Africa. Brother of Oscar Pistorius still in ICU after highway collision

Oscar Pistorius's older brother Carl remains in an intensive care unit in a South African hospital and is on a ventilator after a serious car crash last week.

The Pistorius family said in a statement Wednesday that Carl Pistorius was still in ICU in Pretoria "due to the serious nature of the injuries sustained in the accident," and said he was "showing signs of improvement." Carl reportedly sustained multiple fractures Friday in a head-on highway collision.

Oscar Pistorius is due to return to a Pretoria courthouse on Thursday for the start of final arguments in his murder trial. THE ASSOCIATED PRESS

Defamation? Hong Kong tycoon can sue over Google autocomplete results

A court has ruled that a Hong Kong tycoon can sue Google over its autocomplete results suggesting he has links to organized crime.

In a judgment released Wednesday, the court dismissed the Internet search giant's objections to tycoon Albert Yeung's defamation lawsuit.

Yeung filed the lawsuit after Google refused to remove autocomplete suggestions such as "triad," as organized crime gangs are known in China, which popped up with searches on his name.

Albert Yeung, left, and his wife in 2009. THE ASSOCIATED PRESS FILE

The billionaire's business empire includes an entertainment company that produces films and manages some of the city's biggest celebrities. THE ASSOCIATED PRESS

Going once, going twice. Apple business card of Sam Sung up for auction

A former Apple Store employee in Vancouver who shot to Internet fame two years ago after a photo of his business card bearing his name, Sam Sung, went viral online is auctioning off his last card for charity.

He's now using his name, which is very similar to Samsung, the Hong Kong tech company and Apple rival, to raise money for the B.C. and Yukon chapters of the Children's Wish Foundation of Canada.

Sung hasn't worked for the tech company in years. But, when he recently stumbled upon his last Apple business card when it fell out of a book, he decided to auction it off on eBay, along with his Apple employee T-shirt and name tag.

Bidding on the framed, autographed item was already up over $1,000 and climbing Wednesday. METRO IN VANCOUVER

Market Minute

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Missing posters? How about a face recognition app to find Rover?

This illustration shows how the new smartphone app Finding Rover works. Any worried pet owner who has spent days hanging posters, making phone calls and knocking on neighbours' doors hopes there's a more scientific way to find a lost dog. That became a reality when facial recognition technology successfully reunited a pet at San Diego County Animal Services with its owners. In May, San Diego County Animal Services became the first shelter system in the U.S. to adapt the facial recognition plan. Every dog entering the county's three shelters will be put in the database. FINDINGROVER.COM/THE ASSOCIATED PRESS

The future is not ours to see

Que sera, sera. Experts are split on the impact robots will have on labour by 2025, says a new study

In 2025, self-driving cars could be the norm, people could have more leisure time and goods could become cheaper. Or, there could be chronic unemployment and an even wider income gap, human interaction could become a luxury and the wealthy could live in walled cities with robots serving as labour.

Or, very little could change.

A new survey released Wednesday by the Pew Research Center's Internet Project and Elon University's Imagining the Internet Center found that, when asked about the impact of artificial intelligence on jobs, nearly 1,900 experts and other respondents were divided over what to expect 11 years from now.

Forty-eight per cent said robots would kill more jobs than they create, and 52 per cent said technology will create more jobs than it destroys.

Respondents also varied widely when asked to elaborate on their expectations of jobs in the next decade. Some said that self-driving cars would be common, eliminating taxi cab and long-haul truck drivers. Some said that we should expect the wealthy to live in seclusion, using robot labour. Others were more conservative, cautioning that technology never moves quite as fast as people expect and humans aren't so easily replaceable. THE ASSOCIATED PRESS

No crystal ball here

Aaron Smith, senior researcher with the Pew Research Center's Internet Project, said the results were unusually divided.

- In similar Pew surveys about the Internet over the past 12 years, there tended to be general consensus among the respondents, which included research scientists and a range of other thought leaders.

Breaking news: English majors don't earn a lot of money

A new report by Workopolis suggests that health-care graduates, like pharmacists, will have an average starting salary of $69,600. THE CANADIAN PRESS FILE

If you want to improve your odds of getting a high-paying job after finishing your education, forget that English degree.

A new report by Workopolis suggests that nursing and pharmacy students are most likely to land employment in their field after graduation.

The study, which analyzed more than seven million resumés on the job search website, found that 97 per cent of those who studied nursing, whether it was at the bachelor, masters or PhD level, are working in jobs related to their education.

Other degrees that showed the highest return included pharmacy (94 per cent); computer science (91 per cent); engineering (90 per cent) and human resources (88 per cent).

Although health-care jobs may be the most plentiful, the study also looked at data from Statistics Canada and found that engineering jobs were the highest-paying.

Engineering graduates, on average, earned $76,000 as a starting salary, followed by health-care graduates with $69,600; computer science graduates with $68,000 and law and math graduates with $67,600.

Tara Talbot, vice-president of human resources at Workopolis, says students need to follow their passions but should also be aware that their choice of study could affect how easy or difficult it will be to get a job.

"It's an awareness," Talbot says. "You want people to follow their passion, dig into something that energizes them. But I think they need to have a good sense of where that could lead."

She says that it's no wonder the jobs in highest demand are skilled positions in the health industry, given the age of the baby boom generation.

"With engineering, math and the financial field, those degrees tend to have a much more direct link to a career path."

But Talbot adds that it's also important to keep in mind that along with hard skills — like a specific degree or ability to operate certain programs and equipment — employers also value graduates with "soft skills" such as communication, teamwork and problem-solving abilities. THE CANADIAN PRESS

THE SEVEN LEVELS OF CONCERT HELL

HE SAYS

John Mazerolle
metronews.ca

My fellow concert-goers can go to hell.

Each summer I can't focus on the divine bands, the heavenly music, or the right path to the pulled-pork taco stand. Why? Because every concert is overrun with lost souls — empty husks who gorge themselves on watery beer, lurch toward the stage as if nobody else is there, and yell "Whooo!!!" for what are clearly roadies tuning the guitars.

Over the years boorish concert-goers have left me disillusioned and angry. Hell is other patrons.

Fortunately, I had a revelation recently that brought me back from the Dark Side of the Moon. Travelling over The Wall and through the Court of the Crimson King, I came upon the Divine Concert Hall, seven levels of concert-themed revenge that let me know there is Justice For All, eventually. Behold the Seven Levels of Concert Hell. (I know there are normally nine rings, but cutbacks.)

First Circle: The Sulkers. Sin: People who sit scowling, arms folded, because their boyfriend or girlfriend had the nerve to grant them free admission to a concert but (sniff) they don't like the band. Punishment: Thrust onto hell's Jumbotron, where they are dumped for all eternity on the "Breakup Cam."

Second Circle: The Spillers. Sin: Concert-goers who slosh beer down your back because they bought a tray of five Coors Light for their buddies in the front row. Punishment: They can order beer, but the plastic cup has a big crack in it.

Third Circle: The Requesters. Sin: Yelling out a request repeatedly despite the band's setlist taped to the stage and a multi-million-dollar light show timed to the music. Punishment: Satan grabs their wrist and whacks their hand against their forehead, saying, "Why don't you stop hitting yourself?" for all eternity.

Fourth Circle: The Talkers. Sin: People who natter like they're providing descriptive video ("HERE THEY COME ... I LOVE THIS SONG! ... SO AWESOME!"). Punishment: Eternity as a mime, in mime hell.

Fifth Circle: The Phoners. Sin: People who endlessly use their phone, especially for selfies while facing away from the stage. Punishment: Drowning in the shallow pool of their own ego while Satan's minions take Instagram photos tagged #YODO.

Sixth Circle: The Blockers. Sin: People who arrive late, then push to the front. Punishment: Access granted to the Pearly Gates, but St. Peter never takes their name because there's a guy in front with a girl on his shoulders.

Seventh Circle: The Singers. Sin: Concert-goers who treat your left ear like it's their shower head, belting out tunes so loud it's like you paid $130 for a pro-am duet. Punishment: Britney Spears without autotune.

That's hell in a nutshell. And I haven't even warned you about the most ironic punishment of all: The least remorseful hell-dwellers must listen to the song Ironic on repeat while a person next to them says, "You know what's *really* ironic is that Ironic isn't *even* ironic!" May God (as portrayed by Alanis Morissette in Dogma) have mercy on your souls.

Plight of the Puffin

An Atlantic puffin checks its surrounding before ducking under the rocks to feed its chicks in a burrow on Eastern Egg Rock, a small island off the coast of Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Tourist help sought by scientists to stop puffin starvation

The Audubon Society wants bird lovers to contribute research to a project scientists hope will help save Atlantic puffins from starvation in Maine.

There are about 1,000 pairs of the seabirds, known for their multi-coloured beaks, in Maine.

Audubon says the number of puffin fledging chicks has declined in the last two years, possibly because their key food source, herring and hake, are leaving for cooler waters. While the puffin enjoys healthy numbers in places such as Newfoundland, they are on the threatened species list in Maine.

Audubon maintains three webcams on Seal Island in outer Penobscot Bay, one of the key puffin habitats in Maine. Volunteers are being asked to watch the birds and answer questions about their feeding behaviour.

"(We're) hoping to advance the science as well as entertain the viewers," said Steve Kress of the Audubon Society. "There are some questions that can be better answered through lots of people viewing."

THE ASSOCIATED PRESS

The two-faced bird

Most people only know a puffin when it is "dressed up" for the breeding season and would hardly recognize it in its plainer winter garb.

- After the breeding season, the adult puffin sheds the colourful plates on its bill and around the eyes and moults the feathers on its head and neck.
- The look is so different that people once thought it was a different species.

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MetroTube

We still don't know what he says, but he apparently eats GoPros

REBECCA WILLIAMS
rebecca.williams@metronews.ca

From bike helmets to surfboards, the pint-sized GoPro lens seems like the go-to device for anyone wishing to capture their athletic and adventurous feats. Another feat? Managing to chow down on the camera. One little and adorable fox was brave enough to take on the challenge. And luckily for our viewing pleasure, the camera was still rolling. Not so lucky was the destroyed camera, or its owner. (TheOpenLens/YouTube)

GETTY IMAGES

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The afterlife is a gateway to transition, balance and joy

Fast Romantics. The band's latest release is called Afterlife Blues and its first single is Funeral Song, but don't get the wrong idea

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Calgary-born, Toronto-based band Fast Romantics play the West End Cultural Centre on Aug. 15. RICHARD YAGUTILOV

Fast Romantics frontman Matthew Angus is admittedly a bit obsessed with death, a fact that's evident in the band's second record, Afterlife Blues, and its first single, Funeral Song.

"It's funny. When the album first came out, friends of mine were like, 'Are you doing OK, man? Can I doing anything for you? Do you need a trip to the psych ward?'" Angus says.

However, as he explains, Afterlife Blues isn't an ode to death, but a tribute to transition — be it breakups, band lineups or a change in address, since Fast Romantics relocated from Calgary to Toronto four years ago.

"Everything was changing so much," says Angus, who is joined in Fast Romantics by long-time members Jeffrey Lewis and Alan Reain, as well as recent recruits Shane O'Keefe and Lauren Heron.

"It (Afterlife Blues) was about trying to be in that and figuring out what it means when things change, and maybe it's not actually that big of a deal most of the time. In fact, it's kind of a happy thing half the time. Even breakups, once you get over the initial grief, it can be quite a joyful celebration to be rid of that person."

For Afterlife Blues, the band chose to again work with engineer Howard Redekopp (The New Pornographers, Tegan and Sara), who produced the band's 2010 EP, Kidcutter.

"The reason we did this one again with him is we felt like the first time we worked with him, we really weren't ready," Angus says.

"I wasn't thrilled where we got to with that record. It wasn't Howard's fault, it was our fault. We just came with songs that we were still battling with, so I really wanted to bring songs to him that we actually really loved and work with him under those terms."

Back to death, Angus says his fascination with mortality isn't unhealthy.

"I try to think about it from the perspective of how awesome it makes everything," Angus says. "That's the paradox and that's why we keep coming back to it. It's not that we try to write about it, it's just pretty much everything. Every little thing that happens to you is a mix of happy and sad, pros and cons, consequences and benefits."

Want to go?

- Fast Romantics play the West End Cultural Centre on Friday, Aug. 15. Winnipeg band The Hours open the show. Tickets are $15 at WECC, Music Trader, Winnipeg Folk Festival Music and Ticketmaster or $20 at the door. Showtime is 8 p.m.

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Charlotte Le Bon may not cook, but she sure acts like she can

The Hundred-Foot Journey. Actress has worked in a restaurant, but prefers to be on the eating end of the table

RICHARD CROUSE
scene@metronews.ca

Charlotte Le Bon, the Paris-based, Quebec-born star of The Hundred-Foot Journey was in Toronto recently to do a round of interviews to promote the movie. "How's the day going for you so far?" asked your intrepid reporter.

"Amazing! I'm so happy answering the same questions over and over again. Be creative," she says with a laugh.

So the standard, "How is it working with Helen Mirren?" is off the table. Ditto questions about producers Oprah and Steven Spielberg, although later she offers up that the idea of working with those powerhouses was enticing.

"When somebody calls you to say Steven Spielberg thinks you're the one, you don't go, 'I'm going to think about it, read the script a couple of times and maybe I'll call him back.' It's super overwhelming and exciting."

In the film, she plays Marguerite, sous-chef to chef Madame Mallory (Mirren) in Mallory's Michelin-starred French restaurant. When an Indian family, and their prodigiously talented chef (Manish Dayal) opens a restaurant just 100 feet across the street, rivalry and romance blossom between the two young kitchen stars.

AUGMENTED REALITY

→ Helen Mirren tries to lay down the law. Scan this photo with your Metro News app to see the clip!

metro AR → See the full instructions on Metro's Voices page.

Have you ever worked in a restaurant?, I enquire. "You're the first journalist to ask that!" she says. "Yay! I worked in a sushi restaurant as a busgirl, just setting the tables. I realized how difficult working in a restaurant is. You have to be some kind of actor to be a good waiter because you're always doing small talk and usually you don't care about the people in front of you, but you have to act like you mean it.

"It's a very difficult job and when you're a chef it is over-the-top difficult. That's why you have to be a control freak or a dictator to have a good restaurant and win Michelin stars."

The 27-year-old vegetarian says she spent time in an upscale restaurant in Paris, "to learn how to act like a chef," but don't expect to see the impressive cooking talent she displays in the movie in her own kitchen.

"I'm really lazy when it comes to food," she says. "I have experience in food in the way that I really enjoy eating people's food," she says. "I have no skills whatsoever."

She prefers eating out because, "you don't have to do the dishes, you can choose whatever you want and you don't have to go grocery shopping."

Charlotte Le Bon and Helen Mirren play celebrated chefs in The Hundred-Foot Journey, which opens this Friday.
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John Travolta ALL PHOTOS GETTY IMAGES

Travolta's private pilot planning tell-all book about 'our little secret'

A man who claims to have been John Travolta's boyfriend for six years is planning to publish a tell-all book about the relationship, the National Enquirer reports.

"I'd stay in the room next to John in luxury hotels," Greg Gotterba, who acted as Travolta's private pilot at the time, tells the tabloid. "Sometimes he'd bring women along as beards. But he would ask me to join him in his suite and we'd spend the nights together. It was our little secret."

Gotterba says his relationship with Travolta ended shortly before the star married Kelly Preston.

"I feel sorry for Kelly. She's a lovely person," he adds. "She's in the middle of all this, and it's unfair to her."

No fourth Affleck on way, despite Garner's comfy garb

To be fair, Jennifer Garner has spent a good chunk of the last decade pregnant, so it's understandable that some tabloids would jump to the conclusion that she and Ben Affleck are expecting once again just because she was spotted wearing a number of loose-fitting tops recently. Despite claims by OK! and Star that there's a fourth Affleck child on the way, Garner's rep insists that the reports are "not true."

Jennifer Garner

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

I shoulda stuck with movies, O.C. star Barton tells U.K. paper

NED EHRBAR
Metro in Hollywood

Guys, Mischa Barton has some regrets — namely taking the role of Marissa Cooper on The O.C.

In hindsight, Barton tells Metro U.K. that she should "probably not" have accepted the role that made her famous.

"It's something I came so close to not doing. I had a really great thing with film. People say, be grateful for what you have, but it certainly (was) not the kind of thing I was expecting it to be. I've kind of seen it all," she says, punctuating her statement, I can only imagine, with a weary sigh and a drag on a Gitanes.

Two more surprising details emerge from this interview: One, Barton is only 28 years old, and two, she has a tenuous grasp of the English language.

Case in point: "I just like to be seen for the hard-working actress that I am and not for a bunch of extraneous press. In general people are super-quick to harbour on the gossipy stuff and less on how much work goes into it," she says. "It's really tough when you are young in this business. People blow a lot of hot air at you."

I … OK.

Charlie Sheen

Charlie's off the market according to his new ring

Charlie Sheen's fiancée, porn star Brett Rossi, clearly likes it, because she put a ring on it.

Sources tell Radar Online that Sheen has been wearing a "man's engagement ring" at Rossi's insistence. I'm usually against male jewelry on principle, but I can understand her concern. This is Charlie Sheen, after all.

"Brett forced Charlie to wear the wedding band, which he is wearing as an engagement ring," a source says.

"Charlie continues to hang around with other women, which infuriates Brett. It's disrespectful to their relationship, and Brett wants to make it clear that Charlie is off the market."

Whether it's to make it clear to the other women or to Sheen himself, I'm not sure.

Twitter

@ElizabethHurley
I confess I'd score a big, fat zero in any chemistry or physics test. Have agreed to sit in on my son's holiday tuition classes. Horror.

@tyrabanks
Sometimes u gotta sit back & reflect on the many great things that have come ur way. Thx @VictoriasSecret for that early career luv.

@AlbertBrooks
Just changed all my passwords to 043w590z9awo2391poiw93.
Let the Russians figure that one out!

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SHOPPERS DRUG MART

He wore an itsy bitsy teenie weenie pair of swim trunks

Significant shrinkage. Today's poolside loungers are leaving little to the imagination

RICHARD PECKETT
Metro World News

This season, the most fashionable men come in small swimwear packages. Chaps are dropping the baggy board shorts in favour of a snugger look. British high street retailer Debenhams has seen sales of tiny trunks rise by 242 per cent — a stark contrast to the women's trend for conservative '50s-style costumes.

Clearly men are taking a tip from the 'bare it all' male celebrities like David Beckham, David Gandy, and even Giorgio Armani.

If you can't beat 'em, throw on a pair of micro swim shorts.

Dan Ward Printed Swim Shorts, $220. MRPORTER.COM

ASOS Swim Trunks, $19.35. ASOS.COM

Intymen Stripes Swim Bikini, $40.96. INTYMEN.COM

Orlebar Brown Swim Shorts, $205. MRPORTER.COM

Are you prepared to make a splash in something a little less subtle? ISTOCK

Gold medal gear. Phelps teams with Aqua Sphere to develop suit line

Olympic swimming great Michael Phelps, on a comeback that could take him to the Rio Games, is teaming up with a swimwear manufacturer to develop a line of competitive swimming equipment.

Phelps launched his comeback in April after a 20-month retirement as a free agent after his deal with longtime sponsor Speedo expired at the end of 2013.

On Tuesday, as Phelps geared up for Wednesday's start of the US championships in Irvine, Calif., Aqua Sphere announced that the 18-time Olympic gold medalist and coach Bob Bowman had signed on help develop new products for the company.

It currently designs and manufactures swimwear, wetsuits, eyewear, and accessories for triathletes, open-water, and fitness swimmers. AFP

Michael Phelps said he expects to be competing in a new suit made by Aqua Sphere next January. AFP / CHRISTOPHE SIMON

Trends Report

Every season inspires hair trends, from highlights to lowlights and even Splashlights, but why not take it one step further and go for a more eye-catching hair change-up? Go to Trends Report to check out how singer Kesha has been transforming her tresses all summer for some inspiration.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Five affordable food appliances

Whether you're living in a dorm or off-campus this year, being able to prepare your own meals is the most cost-effective — and often the tastiest — way to eat. Here's a lineup of affordable and stylish countertop appliances to get you through the school year. Bon appetit!

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Coffee maker

Single-brew coffee is easy, less messy and the coffee capsules come in a large variety of flavours. Keurig B130 DeskPro Brewing System, $113, Amazon.ca.

Toaster oven

Heat bagels, toast or even leftover pizza for breakfast. Hamilton Beach's 2-in-1 Toastation not only warms toast but has oven capacity, $50, HamiltonBeach.ca

Tea kettle

With the price of this baby, you can now afford to upgrade your tea blends. Traditions 1 Litre Automatic Electric Kettle, $12, CanadianTire.ca

Microwave oven

Warm up the leftovers you stole from home last Sunday. Danby 0.7 Cubic Feet Microwave Oven, $60, HomeDepot.ca

Popcorn popper

Popcorn is cheap but the entertainment and snack factor is priceless. West Bend's Air Crazy Corn Popper, $19, BedBathAndBeyond.ca

That's one smart cooker. Crock-Pot with app lets you tap in to cook dinner

Belkin and JCS have teamed up on a smartphone compatible slow cooker which can be controlled remotely from the next room, or even the next city.

Slow cooking is definitely moving back into fashion and, over the holiday season, slow cookers were one of the biggest kitchen appliance gifts, particularly in the U.S. However, while they're a great way of making the perfect stew or making the most of beans and pulses, using one can be time-consuming.

The Crock-Pot Smart Slow Cooker uses Belkin's WeMo smart power system and smartphone app so that you won't need to hang around in the kitchen as it comes up to pressure, as its status can be monitored and adjusted simply through swipes and taps on a handset.

As well as the smart features, the Crock-Pot also has traditional manual controls for taking a more hands-on approach and for those moments when the Wi-Fi router needs resetting and the home network goes down.

The Crock-Pot Smart Slow Cooker enabled with WeMo is available to order now in the U.S. for $129.99. AFP

Remote cookery

- As well as being able to fire up the cooker and shut it down again, the app offers control over the temperature and cooking time — great if you're held up on the way home.
- You can pause the cooker and adjust it so that the cooking time coincides with turning the key in the front door.
- The temperature controls also include a warm setting so that something that was cooked the night before can be gently and automatically reheated from a distance.

The first smartphone-controlled slow cooker. BUSINESS WIRE

Stirrup by British lighting designer Original BTC. ORIGINAL BTC

Stirrup lamp strikes a cord

British lighting designer Original BTC is celebrating the 20-year anniversary of its signature Stirrup lamp with two new designs.

Inspired by the searchlight on the back of a toy truck, the Stirrup collection channels industrial chic.

To mark the anniversary, the sturdy floor light has been slimmed down and the size of the wall light reduced and equipped with a more flexible suspension.

Each piece is available in polished or painted aluminum and features the brand's signature wrapped cotton cable. Both the wall and the floor light have the option of a viewfinder in frosted glass to hide the bulb from sight. AFP

Sustainable energy

Spray-on solar cells could be the next big thing

Generating solar power can be expensive and impractical for the average person, but a new spray-painting method that applies solar cells to almost any surface could be the next big thing in green energy.

Scientists at the University of Sheffield in the U.K. have developed perovskite solar cells using a spray-painting process, which could turn a variety objects into energy generators.

While most solar cells are manufactured using energy-intensive materials like silicon, perovskites requires much less energy to make. AFP

Adaptable concept

Similar to applying paint to cars and graphic printing, the method involves spray-painting layers of the material onto a surface, meaning little material is wasted and the concept can be easily adapted to more affordable high-scale manufacturing.

SHOP WHERE THE POOL PROS SHOP

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When it comes to pools, spas and accessories, go where the pros have been going for more than 55 years — North West Wholesale Pool & Spa.

North West is truly Winnipeg's best kept secret and is the source for pools, spas, pool equipment and accessories.

Whether you are looking to sub-contract your own build or do-it-yourself, the professionals at North West will show you how, as they pride themselves in offering advanced technical support and helpful tips to get you through the process as painlessly as possible. North West knows you can do it and will assist you every step of the way.

North West's in-ground vinyl and steel swimming pool kits are custom assembled to fit your needs and are built to withstand the rugged Canadian winters when temperatures drop below –40 C and frost penetrates to 10 feet.

If you desire a pool for exercise, you might want to check out the swim machine by BaduStream, where water is pumped into the pool through recessed jet nozzles that are capable of creating a current in excess of 5,000 gallons per minute (GPM). The jets can be adjusted to provide resistance for an enjoyable, therapeutic walk, jog or swim. The jet system is virtually a treadmill in water, offering unlimited long-distance swimming.

When considering heating options, why spend money on a monthly basis for gas or electricity when you can take advantage of the sun's radiant energy. Solar is free and a wonderful, environmentally friendly alternative. Consider installing a system by Enersol, which is one of the oldest swimming pool heating manufacturers in North America.

Feel free to speak with the experienced staff at North West Wholesale Pool & Spa while you take in the ambience of the extensive showroom at 1215 Border St.

CONTRIBUTED

OPEN SEVEN DAYS PER WEEK

North West Wholesale Pool & Spa is open Monday to Wednesday from 8 a.m. to 6 p.m., Thursday from 8 a.m. to 8 p.m., Friday from 8 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m., and Sunday from noon to 5 p.m.

Start the year right

Good habits. Before the first day of classes, spend time with your kids to prepare them for school

JACQUELINE KOVACS
For Metro

If you are the parent of a school-age child, chances are the first day back to school is akin to New Year's Day. And what's a new year without resolutions — or a new school year with some good new habits?

Here are some to consider:

1 Learn the route. "Make sure they know how to get to school, whether they walk or take the bus," said Vancouver parenting expert Kathy Lynn. To ensure your child is comfortable and confident to get to school on their own, walk the route with them a few times, pointing out what they should be watching for, where they will need to cross the street, and so on. Then, Lynn said, switch roles and have your child walk you to school. With older children who might be taking a bus, Lynn suggested parents take the bus with them a couple of times and then have them try on their own before the first day of school.

2 Determine the right bedtime. Take advantage of the laid-back scheduling of late summer to note how long your child sleeps before they wake up on their own. That, Lynn said, is a good indicator of how much sleep they likely need every night to be at their best. Then sit together and figure out how much time they need to get ready and leave for school on time. Based on those two things, you can establish a good bedtime. "Get them involved in doing the math," Lynn said. "They'll see it isn't just an arbitrary time and that it makes sense."

3 Feed their heads. Eating breakfast enables kids to behave, concentrate, learn and perform in school. A recent study by the Food Research and Action Center in Washington found, among other things, that children who don't eat breakfast are more likely to be hyperactive, absent and tardy, as well as have more behavioural and attention problems than children who do eat breakfast. Plus, kids who arrive at school nourished make fewer mistakes and work faster in math and number-checking tests.

4 Create a study space. Homework is far more palatable when kids have all the supplies they need in an area conducive to their learning style. And that will be different for every child, Lynn said. "Some kids really need to be in the middle of everything so they are best working at the dining room table. Maybe they like the noise or don't want to feel like they're missing out on something."

Check with your children to see what kind of space they are comfortable in when doing their homework. SHUTTERSTOCK

Get in the mood. Take a day off for some reel fun

KEITH CARMAN
For Metro

Summer's end tends to yield different sentiments depending on which side of the school grounds one will stand. While parents revel in the return to a regular schedule, groaning children can virtually be heard nationwide. Gear up your loved ones' scholastic enthusiasm with these fun takes on the classroom.

School of Rock
In this 2003 opus, indefatigable goofball Jack Black is a starving artist posing as a substitute teacher. With music being his only skill, he quickly shoehorns a class of impressionable youth into a bona fide rock band. Extra credit: A soundtrack packed with some of the genre's most enduring artists including Cream, The Who, Ramones, Led Zeppelin, and more will get anyone rockin' their way to homeroom.

The Breakfast Club
Sometimes, despite our greatest efforts, a day just doesn't go very well. Set in a daylong detention, five high schoolers from very different backgrounds learn to appreciate one another in this campy 1985 classic by writer/director John Hughes. Besides, who could forget the indelible ear worm that is theme song Don't You (Forget About Me) by new wave brigade Simple Minds?

Ferris Bueller's Day Off
While no one would condone the actions of this 1986 film's namesake character and his determination to skip school, he does deserve credit for resolve, especially when encountering a feisty principal, a nasty sister and a series of unfortunate — and occasionally expensive — events.

Animal House
Post-secondary education can be a tough time for youth. They are leaving the nest. Why not let the likes of John Belushi, Tim Matheson and Kevin Bacon enlighten them via this 1978 National Lampoon staple?

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Food Evolution, just another reason to visit Kildonan Park

Pleasing plates. Good eats to be found in the park

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

In addition to Rainbow Stage, the Witch's Hut and an Olympic-sized outdoor swimming pool, there's another reason to visit Kildonan Park—Food Evolution. The newest member of the Wow! Hospitality family opened earlier this summer in the Peguis Pavilion.

Lunch features sandwiches served with fries or soup (all under $10). There's Michael's smoked beef piled on City Rye, a deviled egg creation served on Viking Multigrain, a Reuben and more. There's also fish and chips, a charbroiled burger or a hot dog. Paninis, soups and salads round out the lunch menu.

Dinner is where the creativity of chef Beau Schell shines. Fans of beet salads won't be disappointed with his hearty version that includes fontina cheese, hazelnuts, honey, arugula and kielbasa from Point Douglas's Metro Meats.

There's a vegetarian pasta of the day along with an appetizer of foraged mushrooms that changes with the seasons. Big appetites will appreciate the sliced filet mignon with mushroom cream sauce, potatoes and veggies. More adventurous diners might want to share the homemade pretzels, duck salad and mustard wings.

In a nod to Winnipeg's North End, beef brisket and pickerel are also on the menu.

On a recent visit, my sorbet dessert included chocolate merlot, strawberry sage and mixed berry with basil. I can't wait to go back for caramel popcorn with nuts and bacon!

There's takeout coffee, sandwiches and pastry available starting at 8 am. Lunch and dinner are served Tuesday to Sunday. There's also brunch on the weekends. wowhospitality.ca.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Visit her blog at shelzolkewich.com. Got a food story idea? shel@shelzolkewich.com

Food Evolution's Beet Salad is an homage to local vegetables. SHEL ZOLKEWICH/FOR METRO

Give poultry a hint of the exotic

Lychee and Lemon Grass Chicken. Using fruit to accent dishes offers a whole new taste

This recipe serves four to six. PIERRE BEAUCHEMIN

Ingredients

- 6 tbsp (90 ml) white wine
- 6 tbsp (90 ml) sake
- Juice of 2 lemons
- 4 stalks of lemongrass
- 1 cup (250 ml) lychee juice, fresh or unsweetened canned
- 1/2 cup (120 g) unsalted butter
- Salt and freshly ground pepper
- 4 skinless chicken breasts
- 2 chicken bouillon cubes, homemade or store-bought
- 1 1/2 cups (375 ml) heavy cream (35%)
- 2 1/2 oz (75 g) veloutine or potato starch
- 32 lychees, fresh or unsweetened canned
- 2 oz (40 g) chives, minced

1. In a Dutch oven, reduce by half the wine, sake, and lemon juice with the lemongrass. Add the lychee juice. Cool.

2. Heat the butter in a heavy-bottom frying pan. Season the chicken breasts with salt and pepper. Brown them on both sides. Put them into the lychee stock. Marinate for 4 hours on the counter, so all the flavours are infused into the chicken. Add the chicken bouillon to the marinade. Heat to 194 F (90 C), cooking slowly for 20 to 25 minutes. The internal temperature should be 167 F (75 C). Remove the chicken breasts at this point and keep them warm. Reduce the cooking liquid by half.

3. In a saucepan, reduce the cream by half. Mix cold water with the thickener (veloutine or potato starch) in a separate bowl. Add it, a little at a time, to the cooking liquid to achieve the desired consistency (wait for the boil because the starch only begins to work at this point). Add the reduced cream and adjust the seasoning. Add the lychees and chicken breasts and heat for a few minutes to 194 F (90 C).

4. Serve with rice and sprinkle with chives.

RECIPES EXCERPTED FROM ROM BERRIES AND OTHER SMALL FRUIT BY JEAN-PAUL GRAPPE (FITZHENRY & WHITESIDE, 2014)

Side. Vegetable Trio with Ground Cherries

This recipe makes four servings. PIERRE BEAUCHEMIN

Ingredients

- 1/3 cup (80 g) unsalted butter
- 12 oz (360 g) parsnips, in rounds
- Salt and freshly ground pepper
- 8 oz (240 g) green beans
- 12 oz (360 g) carrots
- 7 oz (200 g) ground cherries
- 3 oz (20 g) chives, minced
- 1/3 oz (10 g) chervil leaves

"Parsnips do not need water to cook if they are cut into thin rounds," writes Jean-Paul Grappe in his book Berries and Other Small Fruit.

"However, green beans need a lot of salted water to maintain their vibrant green colour. Once they are cooked, they need to be shocked in ice water to remain crisp. Cook the carrots in sticks in a steamer. They should be crunchy, but not raw.

"Keep the ground cherries at room temperature for an hour or two before cooking so they burst open."

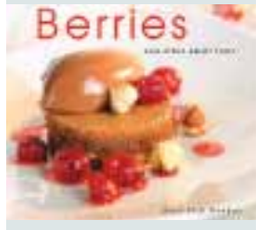
1. Heat 1 oz (30 g) of butter in a sauté pan. Add the parsnips, 1/4 cup (60 ml) of water, salt and pepper, and cover. Simmer gently so the parsnips steam. They are perfectly done when they are fork tender.

2. In a heavy-bottom frying pan, heat the rest of the butter. Add the parsnips, green beans, carrots, and ground cherries. On medium heat, sauté them for 4 to 5 minutes, until the cherries burst open and release their juice. Add the chives.

3. Sprinkle the chervil leaves on top and serve hot.

Cookbook of the Week

It's berry delicious



Jean-Paul Grappe, a chef and professor since 1956, is one of the most well-known chefs in Quebec. In his book Berries and Other Small Fruit, Grappe presents 60 recipes that will allow you to savour berries in ways you never imagined. Among the dishes served up in this release are Blueberry Potato Crepes, Duck Montmorency with Cherry Syrup, and more. **METRO**

PRESERVING COMMUNITIES

SUPPORT LOCAL BUSINESSES AND MERCHANTS

Most people think of sweet berries and plump field tomatoes when considering the buy local proposition, but, in fact, the concept can be applied to just about any purchase you make.

Buying local can extend to supporting businesses and merchants in your local neighbourhood or community.

According to a 2013 Business Development Bank of Canada (BDC) study, a majority of Canadians now make an effort to buy local or Canadian-made products.

Here's why buying local benefits you — and everyone around you.

JOBS
Local businesses produce jobs for the local community. According to a Sustain Ontario document, if every household in Ontario spent $10 on local food there would be an additional $2.4 billion in the local economy at the end of the year and 10,000 new jobs.

SHUTTERSTOCK

FOOD SAFETY
The BDC study showed that international food safety incidents have caused concern.

"We have the best safety and traceability food systems in the world," says Brian Gilvesy, co-chair of the advisory committee, Sustain Ontario, and a cattle farmer in Norfolk County in Ontario.

ECONOMY
According to the BDC study, a locally owned business can directly recirculate up to one-third of its revenues in the community. Local companies are more likely to use local suppliers.

COMMUNITY
Local businesses help preserve the unique character of neighbourhoods. Buying locally provides the opportunity for personal interactions, too, with the farmer, shopkeeper, artist, etc.

HEALTH
Buying local means you are getting the freshest, best quality in-season products. Locally grown foods provide the maximum nutrients — and taste — for the dollar, says Christina Mann, Taste Real co-ordinator, County of Wellington.

ENVIRONMENT
Along with reducing carbon emissions created when food is transported long distances, "Canadian farmers are world class stewards of the land," Gilvesy says.

Learn more about urban homesteading

FortWhyte Farms hosting workshops in September

FortWhyte Farms is hosting a serious of informational workshops on topics relating to sustainable agriculture in September. The sessions take place at FortWhyte Alive, and are only $12 per person.

The first workshop is Sept. 3 and runs from 6:30-8:30 p.m. Attendees will learn the basics of raising meat rabbit in an urban setting. Topics include breeding, shelter design, winter rearing and preparing an appetizer.

The second workshop runs Sept. 10 and is a second introduction to raising meat rabbits on pasture. This in-depth session will allow participants to build a movable pen and learn about the costs associated with raising rabbits and topics associated with behaviour, health and veterinary care.

Sept. 17 is all about salsa. Learn how to make a delicious blend with fresh ingredients picked on-site.

The final session on Sept. 24 covers nutrition and is hosted by Edible Alchemy. Learn how to make sauerkraut, pickles, soda pop and sourdough bread using a variety of traditional fermenting techniques.

CONTRIBUTED

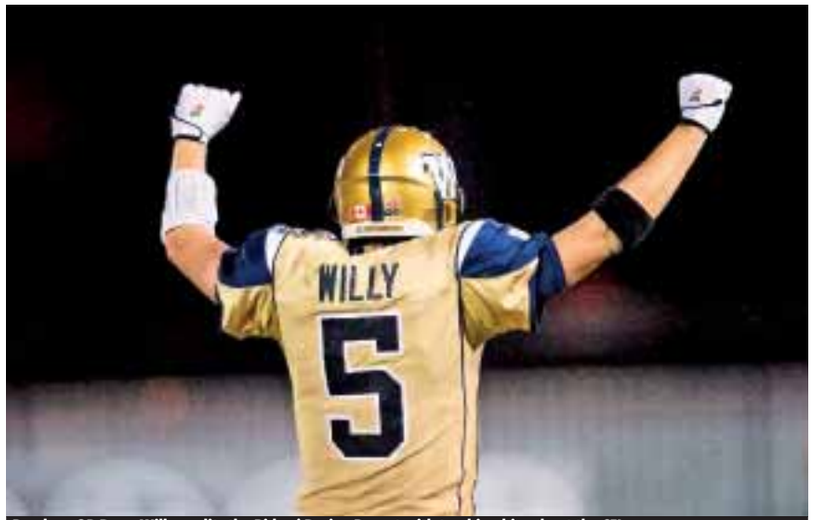
The FortWhyte Farms Market is also open from noon to 6 p.m. each Tuesday. Purchase locally grown produce, pasture-raised chicken and fresh honey while you meet the producers.

Register for any of the above workshops by calling 204-989-8364 or email farms@fortwhyte.org.

FortWhyte FARMS
Buy Local at FortWhyte Farms
MARKET DAYS ARE TUESDAYS THIS SUMMER FROM 12-6 PM!
Visit FortWhyte Farms' Summer Market for fresh, naturally-grown produce straight from our garden, as well as herbal tea, honey, and our pasture-raised chicken.
NEW! Urban Homesteading Workshops
$12 PER WORKSHOP | REGISTER AT (204) 989-8364
Raising Rabbits for Meat
Wednesday, September 3, 6:30-8:30pm
Part II: How to Raise Meat Rabbits on Pasture
Wednesday, September 10, 6:30-8:30pm
Preserving 101: Homemade Salsa
Wednesday, September 1, 6:30-8:30pm
Fizzy Ferments
Wednesday, September 24, 6:30-8:30pm
FortWhyte Alive
1961 McCreary Rd, Winnipeg MB · Ph: (204) 989-8355
farms@fortwhyte.org · www.fortwhytefarms.com

Friendship put aside for CFL tilt

Blue Bombers. Friends off the field, Willy plays Durant and the Roughriders for the first time since off-season trade



Bombers QB Drew Willy credits the Riders' Darian Durant with teaching him about the CFL game. NATHAN DENETTE/THE CANADIAN PRESS

Drew Willy says he was probably a bit of a pest the first time he and Saskatchewan quarterback Darian Durant had a chance to get to know each other.

The former teammates were at a mini camp in Florida when he got a ride from Durant and started peppering the veteran with questions, Willy recalled on Wednesday.

"I was in the front seat, probably annoying him, asking him all kinds of CFL questions because I didn't know anything really about the CFL yet," said Willy, who was traded to Winnipeg in the off-season.

The men then started talking about people they knew in the football world, how they both liked basketball and how Willy's dad, like Durant, lives in Atlanta.

Their friendship grew over the next two seasons, but it'll be on hold for a few hours Thursday when Willy and his new Blue Bombers teammates host Durant and the Roughriders at Investors Group Field.

"We'll probably have a quick handshake before the game. That'll be it, probably," Willy said.

It's the first of three meetings in five weeks between the archrival clubs, with Willy aiming to add a victory to Winnipeg's 5-1 record and Durant trying to keep his 3-2 team on a roll after a pair of lopsided wins against Toronto and Ottawa.

Saskatchewan has won 10 of the past 12 games between the teams. Willy could help turn that tide if he keeps playing the way he has for a club that went 3-15 last season.

"We know that going into the game it's going to be a 60-minute dog fight," Durant said. THE CANADIAN PRESS

Week 7 pick

Riders at Bombers, Thursday, 7:30 p.m.

Drew Willy and the surprising Winnipeg Blue Bombers can take a big step towards proving they're for real Thursday night.

The QB leads a potent combined offence backed up by an aggressive defence — the Bombers are second in the league in sacks with 20 — creating a two-headed challenge for opponents this season.

Saskatchewan (3-2) counters with the CFL's most productive ground attack — 125.6 yards per game.

But the Riders are ranked second-last in passing (221.4 yards per game) despite Darian Durant throwing for 294 yards and a touchdown in the Riders' convincing 38-14 win over Ottawa last weekend.

Pick: Winnipeg

WHL

Paddock named Pats' head coach

The Regina Pats have hired NHL veteran John Paddock as the team's new head coach.

The Western Hockey League club announced on its website Wednesday that the 60-year-old from Oak Bank, Man., would also have the title of senior vice-president of hockey operations.

Paddock coached the Ottawa Senators for a season in 2007-08 as well as the Winnipeg Jets from 1991 to 1995. He spent the last five seasons with the Philadelphia Flyers as an assistant coach and assistant general manager. THE CANADIAN PRESS

Blue Jays

Jays snap Orioles' winning streak with 5-1 victory

Right-hander Drew Hutchison allowed only a home run and a walk over 8 2/3 innings and Jose Bautista homered and drove in three runs on Wednesday as the Toronto Blue Jays snapped a four-game losing streak with a 5-1 win over the Baltimore Orioles.

The second-place Blue Jays (61-54) moved to within four games of the first-place Orioles (64-49) in the American League East and ended Baltimore's three-game winning streak.

The teams play the rubber match of the three-game series on Thursday. THE CANADIAN PRESS

Canadian hope. Raonic moves to the next round of the Rogers Cup

Maria Sharapova blows kisses after her 4-6, 6-3, 6-1 win over No. 27 Garbine Muguruza of Venezuela on Wednesday in Montreal. STREETER LECKA/GETTY IMAGES

Milos Raonic wasn't perfect, but he's still alive at the Rogers Cup.

Raonic had his serve going amid some erratic shots as he came back to beat American Jack Sock 4-6, 7-6 (2), 7-6 (4) on centre court Wednesday night at Rexall Centre.

Fans chanted "Let's go Milos" between points, cheering on the last Canadian left in the field. On Tuesday, all four men who played singles were eliminated, and Eugenie Bouchard bowed out in Montreal.

Raonic stunted that momentum with 15 aces that helped offset some struggles to return Sock's serve. He won 79 per cent of his first-serve points but was broken in the first set to cause the 23-year-old to fall behind.

In the second set, Raonic held serve before blowing Sock out in the tiebreak. He needed another tiebreak to finish off the match.

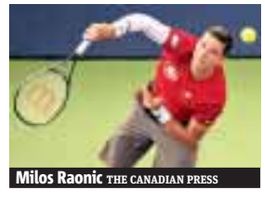
"There was a little sliver of an opening and I managed to squeeze my way through," Raonic said immediately after the match.

Raonic will face Julien Benneteau of France Thursday night. THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of Wednesday's action at the Rogers Cup in Toronto and Montreal.

→ See the full instructions on Metro's Voices page.



Milos Raonic THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Something out of the ordinary will happen today that you will be able to take advantage of. A few days from now you will be singing your own praises!

♉ Taurus
April 21 - May 21
The planets will give you the chance to be of service to someone who does not share your strength of character. What you do for others now will, one day, come back to you.

♊ Gemini
May 22 - June 21
Today's Sun-Mercury link will do wonders for your confidence and popularity. Just remember that it's not possible to accept each and every invitation.

♋ Cancer
June 22 - July 23
Money isn't everything but it has its place in the world and with more of it you'd be able to do some of the things you have dreamed about. Use your talents in a more focused way.

♌ Leo
July 24 - Aug. 23
The planets will give a major boost to your self-belief over the next 24 hours and before the day is over you will have started something that has the potential to transform your life.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in Leo may at times make you doubt yourself but today you have enough mental energy to overcome that negative outlook.

♎ Libra
Sept. 24 - Oct. 23
You'll come into contact with people who share your ideals. They'll also boost your belief that you can make a difference by working with others.

♏ Scorpio
Oct. 24 - Nov. 22
A career change is likely soon. Whether it is a change you make or a change that is forced on you remains to be seen but if you do feel so inclined then make the first move.

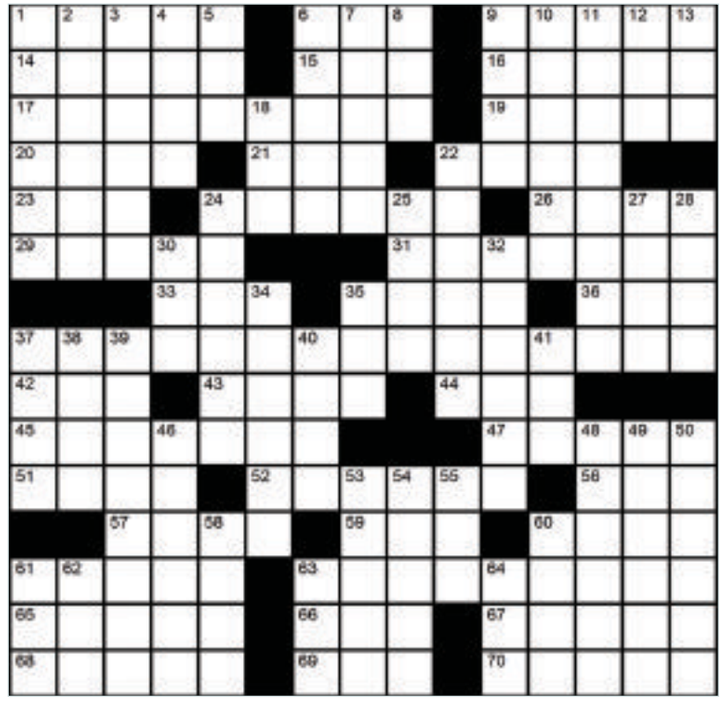
♐ Sagittarius
Nov. 23 - Dec. 21
No matter how busy you may be you won't be satisfied until you have booked a vacation or promised friends that you'll visit them over the weekend. Travel brings out the best in you.

♑ Capricorn
Dec. 22 - Jan. 20
You have fears that can hold you back from fulfilling your potential, but today's influences will help you confront them and overcome them.

♒ Aquarius
Jan. 21 - Feb. 19
If there is someone you want to get closer to, you must let them know how you feel. On the work front, too, the more you open up to others, the more they will want to do for you.

♓ Pisces
Feb. 20 - March 20
You may be the sort who spends more time dreaming than doing but today the planets will inspire you to take a more hands-on approach.

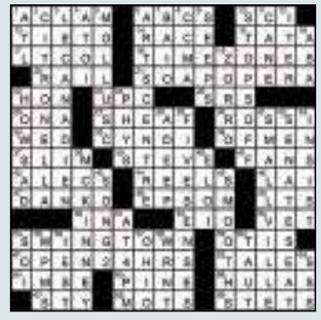
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Grind to _ __
6. Shopping estab.
9. Colorado resort
14. Lenny Kravitz's alias in his early career, __ Blue
15. Yes: French
16. Depart
17. Celebrity chef offerings
19. __ fork
20. Toronto's University and Danforth, e.g.
21. Communication syst.
22. __-neck sweater
23. Bird bill
24. "Every __ You Take" by The Police
26. Verdi opera
29. Movie category
31. Nice money amount: 2 wds.
33. Alien sitcom
35. Gomer __ (Jim Nabors role)
36. Inventor Mr. Whitney
37. "Electric Pow Wow Drum" DJ crew from Ottawa: 4 wds.
42. Baby for Kanga
43. Viva voce
44. Letters for T-shirt sizes
45. __ of Parliament
47. Ex-Montreal baseball team
51. Parkay, for one
52. PEI part
56. Compass pt.
57. Scandinavian rugs
59. Record co.
60. Wholly __ __ part
61. Warship-related
63. Joey __, Newfoundland's first provincial Premier, in 1949
65. Laud
66. Apple devices platform
67. __ Bay, Newfoundland
68. "This is __ __ sudden!"
69. Medical pros
70. Canadian guitarist Mr. Cook

Down
1. Denys __ (Canadian movie director)
2. Vacuum†cleaner company
3. Particular protozoan
4. Monetary units in Albania
5. From A __ _ (Step-by-step)
6. Archie Comics character
7. "__, Fran and Ollie" (Classic puppet TV show)
8. Poetic contraction
9. And
10. St. Lawrence __
11. 100th Anniversary! Calgary luxury hotel which opened in 1914: The Fairmont __
12. Ms. Longoria
13. Mr. Beatty
18. Paddle
22. Pops in the freezer for a bit
24. Rocky __ (Sylvester Stallone role)
25. Texter's sign-off
27. Mr. Hill of "The West Wing"
28. During
30. Spring month in Montreal
32. Considered
34. "__ Bueller's Day Off" (1986)
35. Chum
37. Son of folk legend Woody
38. Work hard
39. City in Quebec
40. Islets
41. Gladiator's 560
46. Lorde song
48. Eva and Juan in "Evita" (1996)
49. Kitchen's tears inducers
50. E-Mail getter, say
53. Squeezed fruit
54. Gather
55. Naught
58 Choir voice
60. "_ __ is me." (Sniff, sniff)
61. PBS funding org.
62. GNR's Mr. Rose
63. Gentleman's title
64. President after JFK

Yesterday's Crossword



Online

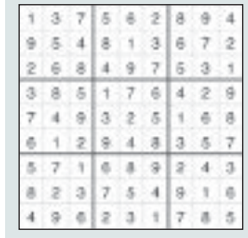
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	1		5	9		
	1	7		8			5	
8		2				3	6	1
7			3		2			6
	3			7			4	
1			4		9			5
2	7	5				6		4
	8			1		5	9	
		1	5		7	8		

Yesterday's Sudoku



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